## "The South 40"
by JAMES A. SMITH
EXTENSION AGENT

If one of your goals is to maximize profits, then don't cut back on the production inputs. If less fertilizer is used, it's likely that production will also be less.

There are five things that you can do to increase corn yields without increasing production costs. Why not put them to use this month.

Number 1. Moisture stress, the lack of adequate water during the growing season, is the major corn yield limiting factor in Appomattox County today. Research conducted at many universities across the county has consistantly shown that no-till farming will reduce water run-off, reduce soil erosion losses, reduce water evaporation from the soil surface, increase water infiltration into the soil, increase the amount of plant available water in the soil and increase corn yields. A lot of farmers can profitably use no-till. A word of warning - don't try to produce corn on marginal corn land. Too many have attempted growing corn on marginal land for both conventional and no-till. The trend has probably been worst with no-till. Sure you can plant corn no-till on steeper slopes, but the soil-moisture relationship is not adequate for a satisfactory production level. Use no-till on quality corn soils where you would normally plant conventionally.

Number 2. It doesn't cost one penny more to plant early rather than late. Research usually shows higher yields with earlier planting. 1976 data from Ohio shows delaying planting from April 8 to May 21 costs 58 bushels of corn.

Number 3. A stand level that produces a half-pound ear has about 0.4 pound of shelled grain on it. This is the stand level that will produce maximum yield for the conditions under which the crop was grown. Most hybrids will produce best at stands of 20,000 to 22,000 plants per acre.

Number 4. Plant is as narrow rows that your equipment for planting and harvest permit. Maintain the stand level recommended for your hybrid. It won't pay to convert present equipment to narrow row equipment. Just utilize what you have to its best advantage.

Number 5. Planting depth will definitely influence yield. The earlier corn is planted the more important this becomes.

Early planted corn should be planted about 1.0 to 1.5 inches deep. Never plant corn more than 2 inches deep unless it is very dry and there is no prospect for moisture soon.

* * *

If you plan to have small grain inspected and certified - applications need to be in by April 1.

* * *

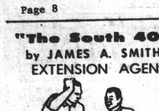
If you purchase soybean seed this year, the tag may read "Substandard in Germination Only." This means that these seeds have 70 to 79 percent germination. Other than this, they are o.k.

* * *

Employers are required to give their tractor operators instruction in the nine points of safe tractor operation at least once a year. Do it now and record the date and who was present - just in case.

* * *

A national effort is being made to designate CB Channel 8 as the farmers monitoring and calling channel. If you are both a farmer and CB'er, you can help bring this about.




**Are children allowed to stand on a school bus while it is moving?**

According to the "Regulations Governing Pupil Transportation and Minimum Standards for School Buses in Virginia," the number of students who ride a school bus is determined by the total number who can be seated and who, for short distances, can stand in the aisle back of the driver's seat. Pupils are not permitted to stand by the side of the driver, in the stepwell or between the driver and the entrance door.

**TIMMY DOSS, A 1977 GRADUATE** of Appomattox County High School, is shown placing a time capsule, prepared by the Senior Class of 1977, inside the marker in front of the high school, as the Assistant Principal, John McLean, observes. The marker was constructed by the Masonery Class of Appomattox County High School of 1977

## Eating Well

By Mrs. Barbara L. Morland, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

**Non-Dairy Creamers - Saturated Fats?**

Fats not only add flavor to the food we eat and increase the pleasure of eating, but they also provide calories for energy. Fats are essential for the absorption of fat-soluble vitamins. If fats were not present in the diet, there would be deficiency diseases due to the lack of vitamins A, D, E and K. Fats not only are necessary to carry the vitamins in our bodies, but also help the body to absorb the vitamins. Fats provide satiety value, in other words they help to prevent hunger pangs. Because fats are essential to good health they should not be completely eliminated from the diet.

Animal fats contain what we refer to as saturated fatty acids or saturated fats. The saturated fats are solid at room temperature, and are found in meat and dairy products. The polyunsaturated fatty acids are liquid at room temperature and are found in vegetable oils such as corn, cottonseed, safflower and soybean oil.

Eating large amounts of saturated fats may be related to the increased amount of cholesterol in the blood stream. A high level of cholesterol in the blood stream is one of the risk factors associated with heart disease. Eating mostly polyunsaturated fats may help to lower the blood cholesterol. Some cholesterol is manufactured by the body and is necessary in order for our bodies to function properly.

Many heart specialists recommend that we decrease to some extent the amount of saturated fats, and increase the amount of polyunsaturated fats. Some people mistakenly try to do this by using the non-dairy creamers. It is true that non-dairy creamers usually are made from plant oils and they do not contain cholesterol, as does cream. However, the plant oil must commonly used is coconut, and it is a saturated fat. If the reduction of saturated fats in the diet is the goal, nonfat dry or liquid skim milk would be a better substitute for cream. The non-dairy creamers contain about 11 calories per teaspoon and cream contains 14.

Before a person makes any drastic changes in his diet, he should first contact his physician.

## VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - Are reservists and national guardsmen eligible for burial in a national cemetery?

A - They are eligible only if death occurs during hospitalization or while they are receiving treatment at government expense for injury or disease connected to active or inactive duty training.

Q - Can I have my educational benefit check sent directly to my bank for deposit?

A - No. The direct deposit for recurring Veterans Administration payments currently in effect applies only to the compensation and pension systems.

Q - When can I expect to receive my dividend check for my GI insurance policy?

A - GI insurance dividends are paid on the anniversary date of their individual policy. If you have chosen the paid-up addition, however, you will not receive a check. Dividends are paid on K, V, RS and W policies and on paid-up additions to K and V policies. There is no need to contact VA, as the dividends will be paid automatically.

# Welfare Department/Visually Handicapped Requesting $91 Plus Budget For 78-79

The Department of Welfare and the Commission for the Visually Handicapped have announced that they will hold four public hearings throughout the State on requests from various local and state agencies to spend more than $91 million for social service programs during the 1978-79 budget year.

The funds, allocated under Title XX of the Social Security Act and matched by State and local monies, are spent to provide services ranging from adoptions to homemaker to day care. The services are available to welfare recipients as well as low income non-welfare families.

The requests in this years proposed plan represent approximately $7 million more than will be available for actual allocation. The gap between the monies available under the Title XX program and the requests for funds has been closing rapidly in recent years. It is anticipated that major changes in the allocation of funds and/or the priorities of the Virginia Title XX plan will have to be made within the next year.

During this year's hearings, the Welfare Department and the Visually Handicapped Commission want to hear citizen suggestions as to how to cope with the anticipated shortage of funds during the 1979-80 plan year, as well as suggested changes, additions and deletions in the currently proposed plan.

The hearings are scheduled for: Norfolk, Norfolk City Council Chambers, Norfolk City Hall, April 24; Falls Church, Falls Church Community Center, 223 Little Falls Street, Falls Church, April 26; Roanoke, Roanoke City Council Chambers, Roanoke City Hall, April 27; Richmond, Senate Room 4, State Capitol, May 1.

The hearings are part of a 45-day public comment period that the two State agencies are hold for citizen review of the 1978-79 proposed plan. Written comments may be submitted to the Department of Welfare anytime between April 1, and May 15, 1978. The written comment should be addressed to:

Office of Executive Assistance
Va. Department of Welfare
8007 Discovery Drive
Richmond, VA 23288
Attn: Title XX Comment

A final Comprehensive Plan for Social Services under Title XX of the Social Security Act will be published on or before July 1, 1978.

assistance. Many citizens are writing to Congress expressing their opinions of this.

* * *

According to Trailways, inter-city buses carry more than 340 million passengers a year, compared to 269 million for trains and 209 million for planes.

**CLASSIFIED GET RESULTS**

**R. E. LEE ACADEMY CONDUCTS SELF-ACHIEVEMENT PROJECT**

Mrs. Myrick's class at Robert E. Lee Academy devoted this past six weeks to testing on self-achievement. Each student worked to improve his total grade. Certificates were awarded to each student who made the greatest improvement in his level. Left to right in above photo, Phillip Edwards in the 6th grade won for his grade; P. W. Kitchen won in the 9th grade; and Wayne King won in the 7th grade.

## PROTECTING OUR ENVIRONMENT
TIME FOR A CHANGE?

Everyone wants a clean environment. But since the clean air and clean water acts were written almost a decade ago to help limit pollution, another factor has come into play: the energy crisis. Some people are beginning to wonder whether very stringent regulation of pollution is really an answer.

WHAT PRICE SHOULD WE PAY for absolutely pure air and pure water?

One alternative is energy conservation. Charles Warren, chairman of the Federal Council on Environmental Quality, said in an interview in Du Pont's "Context" magazine, "The more energy we conserve, the less stress will be put on the environment and the economy."

What kind of stress is currently present? Gov. James Edwards of South Carolina, discussing in the same issue the effects of heavy federal environmental regulations, said: "... is it that important that we have absolutely pure water and pure air, when we don't have any jobs for our people ... no money to buy food with?"

For reasons such as these, many enlightened citizens feel that there is a balance which should be struck between energy demands and environmental goals. They believe that a new look at all the current environmental regulations is clearly in order.

## BUS FACTS & FANCIES

About 61 percent of all bus passengers are over 55 or under 18 years of age.

* * *

Economics experts suggest that the bus industry can be improved tremendously if the government assists cities in building new terminal buildings similar to airport


**Complete Radiator Service**
Lawson Ford, Inc.
Route 460
Appomattox, Virginia



SCOTT
**Scott Insurance**
BRYANT & BRANCH BLDG.
RT. 460 APPOMATTOX, VA.
ANN M. REYNOLDS, AGENT
352-7443



**"Why didn't I think of insurance?"**



If a commercial building is damaged by fire, wind, or explosion, forcing out the tenants during repairs:
1. Rental Income insurance will reimburse the owner for lost rentals.
2. Extra Expense insurance is available to tenants to finance temporary operations in another location.




## ASCS Today

By Tom Conrad

**A Bright Future For Tobacco** - The following article is one that I read recently, and I thought that it might be of interest to tobacco producers: "Tobacco may have a bright, long-term future. A protein extracted from its leaves could develop into one of the world's primary nutrition sources."

Dr. Samuel Wildman, 65, professor of biology, and Dr. Benjamin Ershoff, medical research nutritionist - both working at the University of California in Los Angeles - have studies the protein under a National Science Foundation grant.

Known as Fraction-1, it is the single most abundant protein in existence and contains more nutritional value than standard animal protein. Professor Wildman, who discovered Fraction-1 protein three decades ago, has developed with his researchers a simple process for extracting large quantities of it in crystal form from tobacco leaves. To date, tobacco provides the only leaf protein in such chemically pure form.

Moreover, Fraction-1 consists entirely of amino acids, including those which humans need for a balanced diet. In animal experiments designed to test its nutritional value, a group of rats fed Fraction-1 gained more weight than a group fed milk protein. Drs. Wildman and Ershoff readily concede that further work is necessary to perfect their extraction process for mass production. But they predict that before this century is out, tobacco may well be cultivated more for its nutritional value than for smoking.

Future generations, they are convinced, will regard tobacco as a major food crop for protein."

**Set-Aside Meeting Held** - On Wednesday, April 5, there was a meeting on the Set-Aside program held at the Appomattox Elementary School. Prior to the meeting I had sent notificaiton of the meeting to farmers in the County. If you were unable to attend or did not receive a notice and you have questions concerning the Set-Aside, please feel free to call the ASCS Office or stop by.

The signup for the Set-Aside Program is currently in progress and will continue through May 1. Under the program, a participating farmer must set aside two acres for every ten acres planted to wheat and one acre for every ten acres planted to a feed grain (corn, barley, grain sorghum). Participating farmers who comply with program provisions are eligible to receive disaster payments, deficiency payments, and commodity loans.

**Flue-Cured Tobacco Designation** - The initial warehouse designation period for Flue-Cured tobacco will end this Friday, April 7. There are still some producers who have not yet designated. If you are one of the producers who have not designated, you should have received a notice from the ASCS office notifying you of the April 7 deadline.

## PRIMARY MENU

Mon., April 10 - Beef Stew, Creamed Potatoes, Green Peas, Milk, Ginger Bread, Rolls, Butter

Tues., April 11 - Ravioli, slaw, String Beans, Jello, Topping, Rolls, Butter, Milk

Wed., April 12 - Hamburger on Bun, Potato Puffs, Streamed Cabbage, Fruit, Milk

Thurs., April 13 - Fried Chicken, Butterbeans, Potato Chips, Bread, Milk, Fruit.

Friday, April 14 - Vegetable Soup, Crackers, Cheese Sandwich, Ice Cream, Milk.

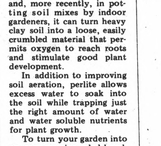
## FHA Week

The week of April 2 - 8 is being observed as FHA Week by the Future Homemakers of America at Appomattox County High School. The Future Homemakers of America is an organization whose main goal is to help youth assume their roles in society through home economics education in areas of personal growth, family life, vocational preparation, and community involvement.

FHA members at ACHS are living up to this goal through the many activities that they are doing this week. Some of these activities include going to church on Sunday and a tea for the ACHS faculty on Monday. The Annual Parent/Member Banquet and Installation Service will be on Tuesday, Wednesday is "Be Nice To Teachers Day." The FHA members are giving a party for the TMR Class at Appomattox County High School Thursday, and they are having recreation for the kindergarten classes at the Primary School on Friday. On Saturday FHA members will be telling about FHA on WTTX.

Members of the Future Homemakers of America at Appomattox County High School are busily working to make this year's FHA Week a big success.

"The silliest of all people are those who do foolish things to show off." Vauvenargues



**IT'S POSSIBLE TO GROW MORE VEGETABLES** with less trouble, even if you have problem soil.

**CLASSIFIED ADS GET RESULTS**

**OPENING DATE FOR Farmville Area Market Sunday, May 7 at the New Randolph Tobacco Warehouse**

**Rt. 15-460 - It will be open to buyers and sellers each Sunday 2 p.m. - 8 p.m. - May through October.**

**The Market combines Flea Market, Farmers Market, and Arts & Crafts from local artists and craftsman.**

**Consumers will have opportunity to buy fresh fruits, vegetables, herbs, flowers, plants, baked goods, quilts, ceramics, paintings and many beautiful crafts**

**It is Advised for Sellers to Purchase Membership Cards Well Ahead of Opening Date.**

**For More Information Call Doug Atchinson 1-245-5474**

## YOUR GARDEN

### Growing Vegetables In Problem Soil

There's good news for home gardeners with poorly drained, crusted soil, even if they want to grow popular vegetables that are slow to germinate, such as parsley, carrots or beets.

Poor drainage deprives plant roots of necessary oxygen. When poorly drained clay dries out it crusts, and plants are faced with the awesome task of pushing their fragile roots through this hard layer. Happily, a relatively new material can help solve this problem—horticultural perlite. Long used in commercial plant propagation, on golf greens and, more recently, in potting soil mixes by indoor gardeners, it can turn heavy clay soil into a loose, easily crumbled material that permits oxygen to reach roots and stimulate good plant development.

In addition to improving soil aeration, perlite allows excess water to soak into the soil while trapping just the right amount of water and water soluble nutrients for plant growth.

To turn your garden into an easy-growing salad bowl, make sure your soil is cultivated to a depth of 12 inches. A 4-inch layer composed of equal parts of horticultural perlite and peat moss is spread on the surface or into furrow areas and turned in. Vegetable seeds or plants are sowed or set out in the recommended manner and watered well.

**National Library Week** - Did you know you can borrow books from the Appomattox County Library FREE of charge? They have an excellent supply of paper backs and mysteries.

## ELEMENTARY SCHOOL MENU

**April 10** - Cheesepizza w/Beef - Tomato and Lettuce Salad - Bu Corn - Purple Plums - Cookie - Milk

**April 11** - Brown Hounds - w/Mustard - Pork & Beans - Potato Chips - Cole Slaw - Fruit Cocktail - Milk

**April 12** - Sliced Turkey w/Gravy - Cranberry Sauce - Hot Rolls - Bu Green Peas - Creamed Potatoes - Sliced Peaches - Milk

**April 13** - Tuna Salad on Lettuce Leaf - w/Crackers - Bu Lima Beans - Sliced Bread - Gingerbread - Applesauce - Milk

**April 14** - Surfburgers - Macaroni and Cheese - Cole Slaw - Strawberry Pudding - Cookies - Milk

"The best part of the potato is underground."


## YOUR LIFE INSURANCE

*Prepared by the American Society of Chartered Life Underwriters, the national society of life insurance professionals who have earned the CLU designation by meeting high educational, ethical and experience requirements.*


Q. I'm not only getting a new wife (my first) I'm also getting a new insurance policy, also my first. How do I tell the difference between the various kinds of insurance policies?

* * *

A. Good question. Actually, there are only three basic kinds of premium paying policies—term, whole life and endowment. Policies with such names as "family income," "family plan," "retirement income," are variations or combinations of the basic policies that have been developed to fit special family needs.

Term insurance protects you for a limited period of time, say five years, or until age 65.

While whole life insurance, as the name suggests, protects for as long as you live—the whole of life.

Endowment insurance pays you a specified amount after a certain number of years, and then the insurance ends. But if you were to die before the policy matures, the sum would immediately go to your beneficiary.

"Two can live as cheap as one, but it costs them twice as much." Frank Sullivan


FANCY FEAT

CONTROLLING AIR TRAFFIC IS A CHALLENGE TICKLING FOR CHRIS CARTER WITH A FUTURE IS AVAILABLE TO THOSE WITH QUALITY AS AIR TRAFFIC CONTROL RADAR CONTROLLERS IN THE U.S. ARMY.



SUPER DOLLAR

Spring CLEAN-UP PAINT-UP FIX-UP

**Pine Scented 8 oz. Liquid Cleaner** SUPER PRICE 3 FOR $1 — Our Everyday Low Price 47¢ Ea.

LINED & UNLINED LATEX **Rubber Gloves** • S-M-L-XL SUPER PRICE 3 PRS FOR $1 — Our Everyday Low Price 2 prs./$1

**VALVOLINE Motor Oil** 30 Wt. SUPER PRICE 2 FOR $1 — Our Everyday Low Price 69¢ Each

**50 oz. Box Dishwasher Detergent** SUPER PRICE 99¢ — Our Everyday Low Price $1.19

**Bath Size Soap** SUPER PRICE 4 BARS FOR $1 — Compare at 28¢ ea.

**DOW Bathroom & Oven Cleaner** SUPER PRICE 17 oz. 84¢ ea. 16 oz. — Our Everyday Low Price $1.09

**Soap Pads** 4 per Box SUPER PRICE 6 BOXES FOR $1 — Our Everyday Low Price 23¢ Box

TOPS **All-Purpose Cleaner with Amonia 32 oz. Size** SUPER PRICE 2 FOR $1 — Our Everyday Low Price 69¢ ea.

LIKE-MAGIC **Acrylic Floor Wax** OR **Mop & Shine** SUPER PRICE 27 oz. 32 oz. 94¢ — Our Everyday Low Price $1.37

**Clorox Bleach 1 Gal. Size** SUPER PRICE 69¢ — Our Everyday Low Price 87¢

**Old Dutch Powder Cleanser** SUPER PRICE 17 oz. 5 FOR $1 — Our Everyday Low Price 4/$1

ONE GALLON **Interior Paint** • White & Asst. Colors SUPER PRICE $1.94 — Our Everyday Low Price $2.67

**Paint Tray & Roller Set** • 9" Roller with Frame & Metal Tray SUPER PRICE 94¢ — Our Everyday Low Price $1.47

**Masking Tape** • ¾" width x 60 ft. SUPER PRICE 2 ROLLS FOR $1

**Paint Brushes** • 100% Polyester Bristles • 3" wide Brush • Other sizes Available at Similar Savings SUPER PRICE $1.84 — Our Everyday Low Price $2.47

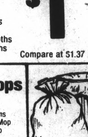
ENAMEL **Spray Paint** • All Purpose • Quick Drying • Non Toxic when dry SUPER PRICE 84¢ — Our Everyday Low Price 97¢

CANNON **Pik-a-Pak Towels & Cloths** SUPER PRICE $1 — •2-Pk Terry Kitchen Towels •3-Pk Waffle Weave Dishcloths •4 Pk Washcloths — Compare at $1.37

**50' Vinyl Hose** • ½" Diameter SUPER PRICE $1.94 — Our Everyday Low Price $2.57

PLASTIC **Laundry Basket** ¾ Bushel Size SUPER PRICE 2 FOR $1 — Compare at 99¢ each

**Brooms & Mops** YOUR CHOICE •Corn or Plastic Brooms •Heavy-Duty Sponge Mop •Heavy-Duty Dust Mop SUPER PRICE 2 FOR $3 — Our Everyday Low Price to $2.27



PLASTIC **Trash Bags** •32 qt. Kitchen Bags 40 count •44 qt. Kitchen Bags 30 count •36 gal. Lawn Bags 20 count •33 gal. Lawn Bags 15 count •6 Bushel Lawn Bags 10 count YOUR CHOICE 64¢ — Our Everyday Low Price 97¢

PRICES GOOD THRU THIS WEEKEND WHILE QUANTITIES LAST! VISA

Hours: Monday-Saturday 9 a.m. - 9 p.m. Sunday 1 p.m. - 6 p.m.

SUPER DOLLAR DISCOUNT STORES Satisfaction Guaranteed

Appomattox, Va.



**NEW SIZE 7 - 14**

**Interlock Polos**
**Boatneck Stripe Polos**
**Stripe Blouson Polos**
**Stripe T-Neck Polos**
**$3.99 - $5.49**

**Pocket-Twill Jeans**
**Colors Green, Red, Blue**
**Denium Jeans**
**$8.99**

**Khaki Bush Shorts**
**Painters Bush Shorts**
**$6.99**

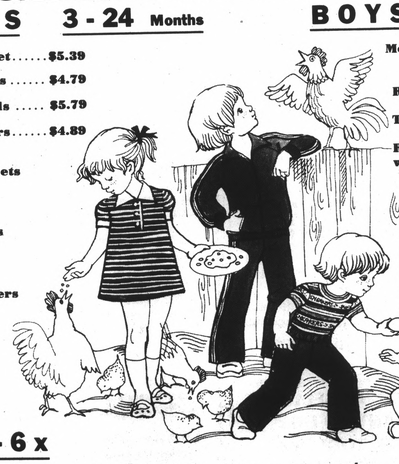
Welcome, sweet springtime in

bigger Health-tex

Clothes like these don't grow on trees. They're great-looking Bigger Health-tex coordinated separates — jeans and T-shirts, slacks and shorts and split skirts, in great colors, fabrics, textures, for girls Sizes 7 to 14. They're so long-wearing that they'll still be crisp and pretty when littler sisters grow into them. Machine-washable and dryable, of course, and few need any ironing. Come take your pick today.

**INFANTS 3 - 24 Months**

**Boys' Knit Diaperset ..... $5.39**
**Boys' Knit Creepers ..... $4.79**
**Boys' Knit Coveralls ..... $5.79**
**Boys' Solid Crawlers ..... $4.89**
**Boys' Knit Short Sets $4.99**
**Solid Mock Polos $2.79**
**Girls' Knit Creepers $4.99**
**Girls' Knit Shortall Sets $7.49**



**BOYS 2T - 4-T ; 4 - 8**

**Mock Polos - Solid — Stripes $2.79 - $2.99**
**Rugby Stripe Polos .. $3.99 - $4.79**
**Tank Tops ..... $2.99**
**Rugby Polos ..... $3.79**
**with matching Belted Pant . $7.49**
**Canvas Boxer Pants $2.79 - $3.39**
**Super Denium Jeans Double Knee $4.79 - $7.49**
**Plaid Pants $6.99**
**Zipper Slack Sets $8.99**
**Boxer Shorts $1.69 - $1.99**
**Elastic Back Denium Short $2.99**
**Bush Shorts $5.29**
**Gym Shirts $2.69-$2.99**
**Shorts Sets $4.89**

Something to crow about.

Health-tex

Health-tex clothes never chicken out. They scramble around all day even in the muddiest places, go into the washer and dryer, and come out crisp and eager for more. And few of them need ironing. Ask for Health-tex in single knits, doubleknits and wovens, jeans and polos and overalls and dresses and jackets and more, for boys, Size 3 months to Size 8, and for girls, Size 3 months to Size 6x.

**GIRLS 2T - 4T ; 4 - 6x**

**Knit Belted Dress ..... $5.29 - $6.49**
**Button Front Dress ..... $6.69 - $7.79**
**Blouson Slack Set ..... $6.29 - $7.29**
**Print Canvass Short Set .... $5.29 - $5.69**
**Word Short Set ..... $5.29**
**Solid Shorts - Pattern Shirts**

*OPEN EVERY FRIDAY NITE 'TIL 7 P.M.*

**MARSHALL'S DEPT. STORE**
MAIN STREET APPOMATTOX, VIRGINIA



**LANDSCAPING**

**LANDSCAPING SERVICE, TREES AND SHRUBS FOR LANDSCAPING.**

**FLOWERING AND FRUIT TREES**

**BEDDING PLANTS**

- Cabbage
- Broccoli
- Lettuce
- Brussel Sprouts
- Caulliflower
- Tomatoes

**SUPERIOR TREES** NURSERY & GREENHOUSE

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